



CannaCurious Guide For Women



Welcome to the CannaCurious Guide for Women. Whether you are familiar with cannabis and CBD or getting acquainted for the first time, CannaCurious Magazine is here to be your trusted source of enlightenment!

We have pulled together some great information to help you along your CannaCurious journey. Read on to learn how women like you are using cannabis and CBD for everything from sex to skin care.

For the purposes of this guide when we refer to cannabis, we are talking about marijuana, the version of the plant that has the cannabinoid, THC, which produces a “high.” When we mention CBD, we are referring to the cannabinoid from the hemp version of the plant that contains less than .03% THC and does not produce a “high.”



Mental Wellbeing

More than 57 million people in the United States suffer from depression and anxiety, and women are impacted by it more than men.

Studies have found that cannabis may decrease depression and be an effective antidepressant in low doses because it produces serotonin.

Anxiety is correlated with low levels of two main endocannabinoids our bodies produce in the brain (anandamide and 2-AG). Taking CBD can boost those levels without any psychoactive effect.

Cannabis can help with anxiety, but if you consume too much or use the wrong strain it can actually cause anxiousness. CBD is a great starting point.

Mental Wellbeing

We asked naturopathic healer Dr. Kimani Borland how women can benefit from utilizing cannabis and CBD:

“Anxiety and depression are at the top of the list. I think for women, the roles that we have to play in a society that is inherently patriarchal in energy and expectation, lead to stress, anxiety and depression. This is unique to the female experience.”



Sophie J.

“I use a full-spectrum CBD oil during the day in lower doses (10mg or so) to calm anxiety.”



Latham T.

“It’s amazing for helping me unwind. I see CBD as part of my mental health routine.”

Chronic Pain

Many women struggling with chronic pain, whether from endometriosis, to Lupus to Rheumatoid arthritis, have found that cannabis and CBD can work well to provide relief from these conditions.

Participants in a study of cannabis and CBD conducted by the Hawaii Journal of Medicine & Public Health reported a 64% decrease in pain from the symptoms of their various illnesses.

Many women find that topical creams and salves can work wonders on localized pain and soreness from exercise and injury.

Shawnee W.

"I suffer from Lupus, Sjogren's and Hypothyroidism and really struggle during flare ups.

Cannabis allows me to get rest when I'm experiencing a flare and calms my stress."

Jenny S.

"I fractured my tailbone a few years back and it aches when I sit too long. I use a cannabis topical and it really soothes the pain."

Leah S.

"After two weeks of CBD use, not only was I pain-free, but my anxiety melted away."



PMS

Many women suffer from painful menstrual periods. Cannabis and CBD may help provide relief.

While research is limited on cannabis for PMS, many women are finding relief for muscle aches, stomach cramps and nausea.

Cannabis has been found to ease pain and improve mental wellbeing



“One day I was out of ibuprofen when some serious stomach cramps kicked in. I reached for my vape pen (with THC), took a few puffs. Within 15 minutes, the pain was gone and I could function again.”

Lisa H

“CBD is my go-to. I stopped taking anything else for cramps and muscle pains. It helps me sleep better too!”

Annie K.



Skin Care

It all starts in the endocannabinoid system, which regulates the body's inflammatory reactions that lead to psoriasis, eczema and rosacea. When applied topically, CBD sinks into the skin and relieves inflammation by influencing these endocannabinoid receptors.

Not only that, CBD also attacks cells that form acne, regulates oil production and keeps your skin looking young through stimulating the production of collagen.

Skin Care

Dry skin, aging skin and itchy skin can all benefit from CBD.

In addition to its anti-inflammatory properties, CBD also acts as an antioxidant.

A 2019 study by beauty research website Poshly.com, revealed that beauty consumers found the biggest benefits of CBD to be its soothing, anti-inflammatory and pain-relieving abilities.

Hempseed oil, another byproduct of the hemp plant, has a high level of fatty acids that can both hydrate and soothe irritable skin.



“I have rosacea and the CBD face mask has changed my rosacea completely.”

Nathalie B.

“I use a daily facial oil with hemp seed oil and I can feel the suppleness of my skin. It helps me retain moisture, a glow and keeps the acne away.”

Neasha L.



Sexual Wellbeing

About 75% of women experience pain from sex at one point, according to the American College of Obstetricians and Gynecologists. For some this pain can be rare and fleeting, others may have chronic conditions such as endometriosis or period cramps that make painful sex a recurring mood-killer.

Many women use cannabis and CBD as an aphrodisiac to both relieve pain and boost their sexual health.

While the research is limited, cannabis is thought to affect the cannabinoid receptors involved in sexual function.

In a small study conducted by the Saint Louis University School of Medicine, of the 373 women surveyed, 34% reported using cannabis before sex. Women who used marijuana before sex were twice as likely as those who did not to say they had “satisfactory” orgasms, the survey found. Source: [https://www.smoa.jsexmed.org/article/S2050-1161\(19\)30009-1/fulltext](https://www.smoa.jsexmed.org/article/S2050-1161(19)30009-1/fulltext)

Sexual Wellbeing

Dosage is important when using cannabis with sex. Too high of a dose can lead to anything from an unpleasant experience to simply falling asleep.

When used topically, CBD encourages blood flow to the genitals, increasing sensitivity and promoting natural lubrication. It works as a facilitator, nudging your body in the right direction.

CBD is thought to decrease inflammation, increase blood flow and help with muscle relaxation, which might make CBD-infused lubricants a reliable option for women who have pain during intercourse.

CBD can also be an effective solution for painful sex, something that is very common. It can help enhance libido by lessening or eliminating worry about pain, as well as the pain itself.



“Though CBD products can help alleviate several of these issues within the body, it’s not the cure-all magic pill. It’s not the CBD making you feel good, it’s your body. It’s working with your body in a really beautiful and synergistic way.”

Kiana Reeves, Chief Education Officer for Foria Wellness.



The CannnaCurious Women's Guide is brought to you in collaboration with [CannaCurious Magazine](#) and [The Lupus Howse Foundation](#). We're encouraging those who enjoy this guide to [donate](#) to Lupus Howse Foundation which directly supports folks living with lupus. This guide is part of a guide series conducted by the [Cannabis Creative Movement](#), which is a joint effort fueled by [PufCreativ](#) and [The 9th Block](#) agencies.



Thank You
Very
Much